

# MOSCOW FOOD CO+OP

Community News  
March 2016



## Community Events

### Moscow Farmers Market 2016 Poster Contest

The City of Moscow and the Farmers Market Commission are pleased to announce the Moscow Farmers Market 2016 Poster Contest. This call to artists is open to everyone regardless of age or experience.

The deadline for submissions is Monday **March 28, 2016** by 5:00 p.m. The artist of the winning entry will be awarded \$100. The winning entry will be selected in April 2016. Only one (1) entry per individual will be accepted.

Contest submittals will be restricted to a 200 mile radius of Moscow, Idaho. Exemptions will be made for

[continued p. 2](#)

### Palouse Charter School Lottery and Tours

*Patricia Gardner, Palouse Prairie School Office*

Palouse Prairie Charter School offers hands-on learning expeditions; a rigorous, in-depth education; adventure programming; character development; and low class sizes.

Palouse Prairie School will be holding its annual enrollment lottery on Friday, **March 25**, at 10 a.m. For more information and lottery applications go to [www.palouseprairieschool.org](http://www.palouseprairieschool.org). Enrollment lottery applications must be received by 10 a.m. on Thursday, **March 24**.

A school tour will be held for prospective families on Friday, **March 4**, from 8:30 - 9:30 a.m. The tour will include a short presentation, a school tour, and a Q&A session with a school director, a member of the Board of Directors, and a student.

Palouse Prairie School is located at 1500 Levick Street in Moscow. Please call (208) 882-3684 for more information.

### Finding Your Next Step to Owning a Home

*Nils Peterson, Executive Director*

*Moscow Affordable Housing Trust*

On **March 10, 2016**, the public is invited to a free public meeting, "Celebration of Home Ownership," at the 1912 Center for families interested in owning a home. The meeting runs 7-9 p.m. and childcare will be available.

The Moscow Affordable Housing Trust is a non-profit with a mission to create homeownership opportunities in Latah County, with an emphasis on Moscow. The meeting will provide an opportunity to find your next step to homeownership. In January 2016, the Idaho Housing and Finance Association awarded the Housing Trust \$390,000 for construction of two new houses in Moscow this year.

Participating organizations in the March 10th event will include Palouse Habitat for Humanity and Whitman County Community Action Center, as well as real estate and lending professionals.

[continued p. 3](#)

### Palouse Choral Society Presents *Carmina Burana*

*Kathy Pitman, Palouse Choral Society Marketing Committee*

Carl Orff's cantata "Carmina Burana" will be performed by the Palouse Choral Society and the University of Idaho Vandaleers in mid-April. This exciting choral work was written in the 1930s by German composer Carl Orff. It is based on a collection of medieval poems, the most famous of which is "O Fortuna," often used in movies, TV commercials, and sporting events because of its explosive and exuberant qualities.

[continued p. 3](#)

Joan Rutkowski, Managing Editor; Judy Sobeloff, Issue Editor

Moscow Food Co-op, 121 East 5th Street, Moscow, ID 83843

[moscowfood.coop](http://moscowfood.coop)

## Board News

### The Board of Directors Election and Candidates Forum are Here!

The Moscow Food Co-op invites the public to a Board candidates forum on Sunday, March 6, from 4-6 p.m., at the 1912 Center Great Room (412 East 3rd Street). This year there are five candidates seeking election to four open Board seats. The social begins at 4 p.m. with free food and drinks followed by a Q&A session with the candidates. Children's activities will be provided.

Online voting will be open from **Saturday, March 5 until 6 p.m. PST Sunday, March 13** to Co-op owners in good standing. New owners must join by Saturday, March 12 to be eligible to vote in this year's election. To access the 2016 Voter's Guide, visit [www.moscowfood.coop/boardelection](http://www.moscowfood.coop/boardelection).

Owners can vote online at any time during the election using any web-connected device. Beginning March 5th, ballots can be accessed at [moscowfood.coop/evoting](http://moscowfood.coop/evoting). Owners will be prompted to enter the last name and customer number on the ownership to access the electronic ballot. The customer number is the number found on the back of each ownership card and at the bottom of receipts. Owners also can access their electronic ballot during business hours at the Customer Service Desk voting kiosk computer.

Electronic voting is very helpful for those who aren't here for the election! However, if you still need an absentee ballot, it must be requested between February 15 - March 4. Please contact [ownerservices@moscowfood.coop](mailto:ownerservices@moscowfood.coop) and provide your name and account number for a printed absentee ballot that will be embossed by the Co-op. Absentee ballots must be received by Saturday, March 12 in the designated elections PO Box listed on the ballot.

The Co-op Board of Directors is a group of seven community volunteers elected by Co-op owners. They are responsible for the Co-op's financial health, making broad policy decisions, and overseeing the Co-op's general manager through a system of policy governance.

### Board Votes to Take A Year to Explore Bylaws Changes

The February 9th meeting of the Board of Directors focused on the upcoming overhaul of the Co-op's bylaws. Our current bylaws were ratified in 2010 and need to be updated for a variety of reasons, including preparing for a move to a two-store model.

Director Laurene Sorensen, a lawyer in her professional life, did us the favor of reviewing the current bylaws with an eye to fixing vs. redrafting them. At the meeting, she presented her recommendation to completely redraft the bylaws using a template and overhaul process developed by the CDS Consulting Coop, a co-op to which MFC belongs. After some discussion and comments from attending owners, the Board decided not to push for a draft to be ready by this year's annual meeting, but to take a longer road that will allow for more owner input. The Board now intends the new bylaws to be ready for ratification by all members in 2017.

Co-op Board meetings are open to the public. They are held the second Tuesday of every month, beginning at 6 p.m., at the 1912 Center's Fiske Room. The 1912 Center is located at 412 E 3rd Street in Moscow.

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### Continued from p. 1 ... Farmers Market Poster Contest

University of Idaho and Washington State University students. Incomplete entries will not be considered, see the Rules and Instructions for details. Application forms and the contest rules are available for pick-up at Moscow City Hall (206 East Third Street) or can be downloaded online at: <http://www.ci.moscow.id.us/records/Applications/Market-Poster-Application-2016.pdf>

The jury will select the finalists from all submissions to be considered for the Moscow Farmers Market 2016 Poster. These entries will be posted on the City of Moscow's web page and the public will vote to select their favorite poster entry. The posted entry with the most votes will be declared the winner of the Moscow Farmers Market 2016 Poster Contest.

## What's the Buzz?

"What is your guilty pleasure from the Co-op?"

Asked by Ashley Fiedler, volunteer, on February 11



"Cookies. I get one every time I shop. I like the Gluten-Free Chocolate Chip ones because they are softer."

*Nora Sabia, Pullman*

*Washington State University Student*



"The dried fruit."

*Ann Hart, Moscow*

*Retired*



"Cinnamon rolls, all the way!"

*Dane Rennaker,*

*Brooke Spurgeon, and*

*Megan Thompson, Moscow*

*Moscow High School Students*



"The health and beauty section."

*Julie French, Kamiah*

*Massage Therapist*



"I live two hours away, so just coming here."

*Amy Missman, Stay-at-home Mom*



"The cookies, especially the Italian Almond and Old School Chocolate Chip."

*Jill Kellog-Serna, Moscow*

*Director of Study Abroad at*

*University of Idaho*

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### continued from p. 1 ... Finding Your Next Step

The Housing Trust involvement provides an opportunity to own a home with only a \$500 down payment and with additional mortgage assistance that can lower monthly payments. Purchasing a house from the Housing Trust is similar to a standard real estate transaction. Buyers must qualify for a mortgage from a lender of their choice who works with the Idaho Housing and Finance Association. The Housing Trust serves households earning between 50 - 80 percent of the Area Median Income. The qualifying income varies with household size, and represents many of the workforce incomes in the area. For example, a family of four qualifies with a household income between approximately \$30,000 - \$48,000 per year.

A complete table of qualifying incomes and other information about the program can be found on the website [MoscowHousingTrust.org](http://MoscowHousingTrust.org)

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### continued from p. 1... Palouse Choral Society

This spring concert will be presented Friday, **April 15**, at 7:30 p.m. and again on Sunday, **April 17**, at 4 p.m. Both performances will be held in the University of Idaho Administration Building Auditorium. Dr. Michael Murphy, Artistic and Music Director of the Choral Society, will conduct the hour-long piece, with piano and percussion accompaniment. Featured soloists will be Lynette Pfund, soprano; Christopher Pfund, tenor; and Richard Zeller, bass.

Tickets are available at:  
[www.palousechoralsociety.org/buy-tickets](http://www.palousechoralsociety.org/buy-tickets)

## Art at the Co-op: Judith Marvin

*Annie Hubble, Art at the Co-op Coordinator*

In March we welcome back Judith Marvin as our Co-op artist. Judith has shown her art here before and it has been much enjoyed. Her show will open Friday, March 11, and will run through Wednesday, April 6.

Judith lives and works in rural Idaho. Her log home overlooks grain fields and ponderosa pine forests. Her closest neighbors are deer, elk, and the occasional moose.

Her surroundings certainly have an impact on her work. She writes, "While my landscapes are not 'of the Palouse, I cannot help but be influenced by my beautiful surroundings. My landscapes are born of the imagination. They are of no place and of every place."

After retiring from a 20-year career in the Foreign Service in 1996, Judith realized her dream of pursuing an education in fine art. She graduated from the University of Idaho with a Bachelor of Fine Arts in 2006 at the age of sixty. She has, in her own words, "indulged her passion for things creative ever since."

She explains that there is "no way she cannot be making." She worked in ceramics for over 30 years, and still thinks of herself as a potter, but a few years ago began to explore painting in acrylics. She likes the "immediacy" of that medium.

She describes how her landscapes and florals begin with the loose application of color applied randomly on the canvas. She then covers anything that she does not want to be part of the picture with an opaque pigment. Finally, she continually redefines the work with many layers of paint as she searches for the perfect completion of the piece.

I love her art. I think you will, too. There will not be a chance to meet the artist this time, but do come and enjoy her work.

## Staff Picks

*Ivy Dickinson, Volunteer Newsletter Writer*



The first staff-person I spoke with this month was **Erin Hubbard**, who has been working at the Co-op as a cashier for almost 10 months. For her pick this month, Erin chose the **Hail Merry chocolate tarts** that can be found in the refrigerated case across from the beer cooler (top shelf).

Erin selected this product because she says that she likes that these tarts are made from simple ingredients, yet they are so rich and delicious. She says they are always the perfect treat to take her mind off of a challenging day.

Hail Merry is a snack food company from Texas that was founded in 2008 by Susan O'Brien. O'Brien's pursuit toward a healthy lifestyle began in her teens when she was diagnosed with scoliosis. She began practicing yoga as therapy for her back. In 2004, on a trip to the island of Maui, she discovered the Superfoods/Raw Foods lifestyle after meeting raw foods author and guru, Renee Loux (Vitucci, 2015).

As a long-time yoga practitioner, this lifestyle seemed like a natural evolution for her and her family. After training with the well-known raw foods chef, Juliano Brotman, Susan decided to turn her home into a test kitchen for new raw creations, with the goal of making them tastier than anything she could find on the market. She began small, selling her limited line of products to a few local health food stores and delivering them out of her car. She quickly gained a loyal following of people who loved her great tasting, healthy snacks.

In 2009, O'Brien met her soon-to-be business partners, who each had over 30 years of experience in the commercial food industry. Their expertise allowed the company to scale the operation while ensuring food safety, creating a solid supply chain, and keeping the product delicious. Hail Merry currently sells a line of products including, "Miracle Tarts, Grawnola, Macaroons, and Seasoned Nuts and Seeds made from pure natural ingredients" (Hail Merry, 2015).

The company is unique in that their snacks are not baked, but instead dehydrated at low temperatures to preserve the integrity of the raw plant oils and fatty acids. Rather than using refined sugars to sweeten their products, they use organic maple syrup, sustainably sourced palm sugar, and raw agave. All of their products are free of corn, soy, starches, gluten, and grain, as well as being 100% vegan and Certified Kosher. The company has won a number of awards for innovation, entrepreneurship, and “best of class” for their vegan products.



The next staff person I spoke with this month was **Sierra Valentine**, who has been working at the Co-op as a deli server for around 4 months. Sierra’s recommendation is the **Northwest Cheesecrafters golden ghost cheese bites**. Sierra said that she enjoys this product as a snack because it has a slightly exotic curry flavor and is spicy, but not overpowering. Sierra says they are really addictive and recommends enjoying with friends so you don’t eat the entire package. She also thinks they would be really yummy on some salted French bread with a bit of mustard.....I am thinking grilled cheese myself.

Northwest Cheesecrafters is a local company based in Palouse, WA that was founded by Johnny and Sharon Parkins in late 2013. The idea for the business stemmed from Johnny’s day job as the Production Supervisor at the Washington State University (WSU) Creamery, where he helps create new cheese flavors among other responsibilities. While working at the creamery, Johnny and other creamery staff created a small batch of the ghost pepper cheese that everyone loved, but ultimately they decided that since a main ingredient is the incredibly spicy and volatile bhut jolokia pepper, that they didn’t want the students to be exposed to it in large quantities.

Johnny met with the WSU Innovation Assessment Center to see whether the University had any proprietary interest in the product, and when it was determined that they did not, he was given their blessing to move forward with the development of his own product that was similar to (but not the same as) the small batch initially developed at the creamery. The spicy ghost pepper bites were the first product created by Northwest Cheesecrafters and was followed by the golden ghost pepper bites. The two have plans for other cheeses in the future.

References: Hail Merry (2015). FAQs. Retrieved from [www.hailmerry.com/faq#about-hail-merry](http://www.hailmerry.com/faq#about-hail-merry)  
[www.dfwchild.com/features/2233/Susan-OBrien-Hail-Merry-Founder](http://www.dfwchild.com/features/2233/Susan-OBrien-Hail-Merry-Founder)

## Co-op Kids

*Rebekka Boysen-Taylor*

Come join Co-op Kids on Tuesday mornings in March to celebrate the arrival of spring on the Palouse. Kids will have the opportunity to make healthy wraps perfect for picnics. We will also study the science behind seeds with a bean seed dissection, eat fresh greens, and make rain art this month.

- March 1: Wrap Making
- March 8: Seed Science
- March 15: no Co-op Kids today, enjoy Spring Break
- March 22: Eating Greens
- March 29: Rain Art

At Co-op Kids we facilitate simple, earth-friendly activities for young children and their families. Our activities are designed with children ages three to five in mind, though all ages are welcome to attend. Co-op Kids meets weekly each Tuesday morning from 9 - 10 a.m. in the Co-op Cafe unless otherwise noted.

*Rebekka Boysen-Taylor is a teacher, writer and mama here in Moscow.*

## Co-op Business Partner Profile: Altered Ego

*Terri Schmidt, Co-op Volunteer Writer*



Altered Ego is a high-quality clothing alterations shop located at 208 South Main Street, Suite 11, in Moscow. The business is co-owned by Chelsey and Sara; they also employ Taylor, a full-time contract worker.

Sara and Chelsey are experts in the art of sewing and love their work. They met in a pattern making class at the University of Idaho. Sara graduated from the UI in 2014 with a degree in Costume Design and Technology. Chelsey received her bachelor's degree in Theater and Costume Technology from the University of

Wyoming, then came to Moscow where she earned a graduate degree in Family and Consumer Science and Apparel, Textiles, and Design at the UI.

Altered Ego has been in business for nearly two years. Chelsey originally had a home business called "Little Byrd Alterations." When she and Sara became friends, Sara asked Chelsey to let her know if she ever needed help. When they realized the need for an apparel alteration store in this area, Altered Ego was born.

Altered Ego's mission is to promote use of sustainable textiles, provide quality workmanship, and offer community enrichment. The women work on clothing for men, women, children, and animals. They do zippers, hems, and alterations to fit clothing to a particular body, including formal wear and wedding dresses. They are coming up on a busy time as they do alterations on prom dresses for six local schools. The shop also sews some household items like curtains and pillows, and will do custom work such as making a garment from scratch.

It is important to Chelsey and Sara to help the world by saving clothing that might otherwise be discarded. They will fix it for you, teach you how to fix it, or provide the resources you need to fix it yourself. They note that the average person throws away 70 pounds of textiles per year, which adds up to 21 billion pounds of textiles going to landfills each year.

One of the ways Sara and Chelsey provide community service is through offering classes. In the next couple of months they will be offering classes in Sew-a-Skirt, Rugged Repairs, Machine Basics and Sewing 101, and Hand Sewing Techniques. They also offer a Mommy and Me class for mothers and children, helping children learn to sew. They say that sewing helps with fine motor skills, geometry, and other math related skills. They are proud to share that a 13-year-old has been coming to them for instructions once a week for a year and has become very capable at sewing. Carrie, the former costume shop manager at the UI, also comes in to teach specialty classes like bra making, leisure bra construction, window treatments, and slip covers.

Chelsey and Sara hope to do a lot of sewing classes, especially for young children, to help bring back the joy of sewing for a new generation, since sewing is becoming a lost art, Sewing is for everyone, and they are happy to teach anyone willing to learn.

To learn more about Altered Ego and its lovely owners, visit their website at [alteredegomoscow.com](http://alteredegomoscow.com).

### **Altered Ego Is A Moscow Food Co-Op Business Partner**

Through our Business Partner Program, Co-op owners receive a discount from locally owned businesses that partner with the Co-op, and the Co-op promotes our locally owned partners.

At Altered Ego Co-op members receive 10 percent off services.

Altered Ego can be contacted at 208-596-4017 or [alteredego@gmail.com](mailto:alteredego@gmail.com).

For more information about the Co-op's Business Partner Program, please ask for a brochure and/or an application at the Customer Service Desk.

## Company Profile: Lundberg Family Farms

*Amy Newsome, Co-op Volunteer Writer*

Having witnessed the lessons of the Dust Bowl firsthand, Albert Lundberg realized that sustainable farming techniques are an absolute necessity, a minority opinion at a time when large-scale corporate farming was just really getting started.

In 1937, Albert moved with his wife from Nebraska to the fertile Sacramento Valley of California to start growing rice. Today third and fourth generations of Lundbergs are still farming in the environmentally conscious way that Albert established so long ago.

Lundberg Family Farms specializes in organic whole grain rice products which are naturally gluten-free. They offer over 150 products, including 20 varieties of rice; among these are familiar favorites like Brown Basmati and White Jasmine but also more unusual types like Japonica and Golden Rose. They also offer rice blends which combine different types of rice. Their Olde World Pilaf combines three kinds of rice with lentils, black-eyed peas, and split peas.

They also offer easy to prepare side dishes complete with seasoning, such as Porcini Mushroom Risotto, Red Beans and Rice, and Brown Rice Pasta with Spinach and Rosemary. Want the whole-grain goodness without the preparation? They also offer crackers, chips, and rice cakes each in many flavors like Red Rice and Quinoa Thin Stackers, Sesame Seaweed Rice Chips, and rice cakes topped with dark chocolate.

Last but not least, Lundberg Family Farms offers Brown Rice Syrup, which can be used in place of sugar, honey, corn syrup, or molasses. To substitute for 1 cup of sugar, use 1-1/4 cup of rice syrup and cut down the liquid in the recipe by 1/4 cup.

Many of the Lundberg Family Farms packaged items will be featured on an end-cap display at the Co-op in March. The Co-op also carries Lundberg products in bulk. Need help with ideas for using their amazing bulk products? Check out the Lundberg Family Farms website to see over 100 delicious recipes for appetizers, breakfast, soups, sides, and desserts.

Lundberg Family Farms is committed to “using eco-positive farming methods to produce wholesome, healthful rice products while improving and protecting the environment for generations to come.” Albert Lundberg’s guiding principle was: “Leave the land better than you found it.”

Something I had never really considered before is that the rice fields in California serve as important habitat for millions of migrating ducks, geese, and shorebirds. If you go to [calrice.org/wildlife](http://calrice.org/wildlife) you can watch amazing drone footage of the incredible variety and numbers of birds that inhabit the rice fields.

Information from this article and more can be found at: [lundberg.com](http://lundberg.com).



### Lundberg Family Farms Company Snapshot

Founded in 1937

Family Owned and Operated

Located in Richvale, California

Non-GMO Project Participant

Member of the Sustainable Food Trade Association

EPA Green Power Partner offsetting 100 percent of electricity use

*Amy Newsome has fond memories of riding bikes with her friend all around the bird-filled rice fields in Marysville, California.*

## Dime in Time: Moscow Renaissance Fair

*LuAnn Scott, 2016 Moscow Renaissance Fair President*



The Moscow Renaissance Fair is Moscow's annual celebration of the renaissance of spring. Always held the weekend of the first Sunday in May – **April 30<sup>th</sup> & May 1<sup>st</sup>** this year – the two-day craft and music festival provides a venue for area artists, craftspeople and musicians, and a fundraising opportunity for local non-profit groups, which run all the food booths. There is no charge for admission and there are many free activities for children. Held outdoors in East City Park, our main motivation is to encourage the community to get outside and throw off winter – dance, have fun with kids

and meet up with friends to enjoy great music, fantastic food and unique shopping.

The 43rd annual Moscow Renaissance Fair is pleased to be a recipient of the Moscow Food Co-op Dime in Time program. We have pinpointed two projects that will benefit from Dime in Time funds.

### **Nursing and Changing Station**

For many years the Moscow Parent-Toddler Cooperative provided a tent at the Fair for nursing mothers, but they can no longer offer this service. We will use most of the Dime in Time funds to purchase a pop-up tent and the necessary accoutrements to provide a comfortable, private place at the Fair for moms to take a break with their infants and toddlers. We are still looking for a group to sponsor the nursing and changing tent, but are grateful to the Moscow Food Co-op that we will now have the infrastructure in place for this and all future Renaissance Fairs.

### **Kid Village Happenings**

In the kids area at the Moscow Renaissance Fair, we provide many activities for children of all ages without charge. The activities are led by individual volunteers as well as members of local organizations. They include obstacle courses, roving puppeteers, horses, raptors, a petting zoo, storytelling, hands-on science and medieval history, workshops where children can create various types of art and music and much more. The remainder of the Dime in Time funds will provide a larger budget for Kid Village activities in 2016.

You can support these projects and the Moscow Renaissance Fair by donating to Dime in Time during the month of March. We appreciate your support.

Information about the Moscow Renaissance Fair and applications for craft and food booths are available at our website, [www.moscowrenfair.org](http://www.moscowrenfair.org). See you at the Fair April 30<sup>th</sup> & May 1<sup>st</sup>!

### **DIME IN TIME**

Through our Dime in Time program customers are given a 10-cent refund every time they bring in a reusable tote bag or drink cup. Cashiers will ask these customers if they would like to keep their refund or donate it to Dime in Time. A committee made up of Co-op staff, community members, and Co-op participating owners chooses one recipient for each month's Dime in Time donations.

This program seeks to benefit non-profit, non-sectarian, and non-discriminatory organizations whose goals complement or support the Mission of the Co-op.

## Co-op History

### The Good Food Store?

*Joan Rutkowski, Owner Engagement Coordinator*



Yes, that was the Moscow Food Co-op's original name, in place for the first two years of our operation. It was a simple and clear declaration of our mission when we first opened our doors in 1973.

This photo of the original sign and some of our earliest Co-op owners was taken some time in late 1974 at our first location: 112 East 2nd Street. And who exactly are these folks?

We know they are among our first owners, and we would love it if our readers could help us identify anyone from this happy cooperative bunch. The initial quest has only clarified whom a few of these folks are not, despite some strong similarities.

Sandy Cruise, known to many as Sandy Ogle before she married and moved away from Moscow, has been an enthusiastic resource from our early days. She began working at the Co-op in September 1975 and moved on in early 1977. But even Sandy does not recognize anyone in the photo, taken just a year before she began working at the Co-op. She writes: "We had a lot of turnover since pretty much everyone was a student from out of town until I came along."

Sandy is the daughter of Ivan Ogle and Ruth Morton, who married in 1932 and took on the Ogle family farm in Blaine, Idaho before starting their family of four. A graduate of Moscow High School, Sandy was one of three paid staff who each worked about 20 hours a week in the store back then. Called "co-managers," the staff would rotate so that one of them was almost always in the store to coordinate the volunteers who helped stock shelves, clean the store, and run the registers. She recalls earning about \$200 a month.

In 1975, we moved to our second home at 610 South Main and officially changed our name to the Moscow Food Co-op. Today, this is directly across Main Street from the Fire Station, just around the corner from Maialina Pizzeria. Sandy recalls a long, narrow storefront with shelves on each wall and two aisles in between, with a cooler for veggies in the front and one for cheese and other dairy in the back.

At this time, the Co-op did not sell meat, alcohol, or frozen foods. Almost all but a few items were sold in bulk. Confidence and patronage was growing, but we still had a fair amount to learn about running a grocery store, as Sandy attests with a humorous memory from that era (which we're happy to say is far from current practice): She recalls staff and volunteers storing a five gallon bucket of peanut butter in the bathroom because that was where they could use an outlet for warming the butter. The bucket was wrapped with some sort of heating tape contraption, making it possible for customers to stir the peanut butter and fill their bulk containers.

Tight quarters do lead to creative solutions, but alas this one did not impress the food inspector and an alternative had to be found! Yes, more space was needed, and in 1978, shortly after Sandy left Moscow, the Co-op moved and expanded into a larger location at 314 South Washington.

We would love your help with gathering more stories from the 1970s and identifying any of these mysterious "Good Food Store" owners. (And don't worry, we won't hold anyone accountable for the peanut butter fiasco!) Contact us at [ownerservices@moscowfood.coop](mailto:ownerservices@moscowfood.coop).

Want to read more stories about our Co-op's history? Visit our history archive.

## New at the Library

Breanna Salzsieder, Latah County Library District

### COOKBOOKS

#### *Lucky Rice: Stories and Recipes from Night Markets, Feasts, and Family Tables*

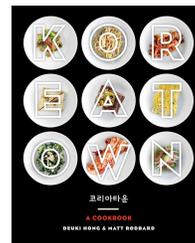
By Danielle Chang

Focusing on street food, Chang introduces readers to a variety of Asian recipes. Short stories are interspersed throughout the book, acting as cultural explorations and insights into the background of the accompanying dishes.

#### *Koreatown: A Cookbook*

By Deuki Hong and Matt Rodbard

This cookbook focuses on the flavors found in Koreatowns across America. The authors supplement their recipes with photos, essays, and interviews. “An inspiring section is handed over to guest chefs who have found ways of adding Korean flavor to their dishes: Daniel Holzman, of the Meatball Shop, creates a Korean barbecue flavored ball, and Texas chef Paul Qui concocts a comforting kimchi grilled cheese.” – Publishers Weekly

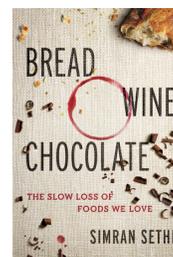


### OTHER NONFICTION

#### *Bread, Wine, Chocolate: The Slow Loss of Foods We Love*

By Simran Sethi

Sethi examines the important role food plays in our lives and how homogenization is a detriment to the diversity of our food supply. Throughout the book, she highlights both our personal connections to food as well as reasons for increased homogenization and the potential impacts this could have on our health and culture.



#### *The Culinary Herbal: Growing and Preserving 97 Flavorful Herbs*

By Susan Belsinger and Arthur Tucker

*The Culinary Herbal* addresses how to grow, preserve, and use a wide variety of both popular and lesser known culinary herbs. This title works well as a practical guide and includes a resource list and photos throughout.

#### *The Bee-Friendly Garden: Design an Abundant, Flower-Filled Yard that Nurtures Bees and Supports Biodiversity*

By Kate Frey and Gretchen LeBuhn

Frey and LeBuhn's book helps readers do their part to help bee populations by designing bee-friendly spaces using bio-diverse plants that attract pollinators, creating nesting cavities, and matching soils to climate type. “This guide will benefit novice and seasoned gardeners who wish to provide habitats for bees and other pollinators.” – Library Journal

## The Five Spot: Let the spring energy flow

Naomi Brownson, Co-op Volunteer Writer

Bouquets of hopeful snowbells peek up through the earth by the side of my house, and as the daylight hours begin to lengthen, I can glimpse spring's arrival on the horizon. My pulse is beginning its annual quickening, awakening from its winter hibernation. And along with it, I feel the urge to clean out all the dust that gathered in winter's dark corners.

Here are five ways to throw open the doors and let the spring energy flow, through home and workspace, body and spirit.

1. Check out my new favorite book, *The Life-Changing Magic of Tidying Up*, by the Japanese organizing expert, Marie Kondo (available at BookPeople in Moscow). The very first step toward greater flow, she says, is to get rid of all the excess. Her criterion for deciding what to keep and what to discard is simple (simplified further here for brevity): If it sparks joy in you, keep it. If it doesn't, pass it along. Her books provide step-by-step instructions and if you follow all the way through, you'll not only be able to see the surface of your kitchen counter and your desk again, you'll also have a home filled with objects you love. The resulting uplift is a great way to move into spring.
2. Where to send those no-longer-loved items? This column has in the past suggested donations to any of our local charities or thrift stores. Choose the one(s) that most resonate with you, where you think the objects would get greatest use.
3. Moderate exercise. According to Chinese medicine, in spring, the liver wakes up, and it can use a little support to get the *qi* (or life force) flowing again. Moderate exercise helps, like walking outside for 30 to 45 minutes a day, or digging in the dirt to prepare your garden plot. Take your children for a hike at a favorite spot, and challenge them to find five signs of spring. Then soak your tired feet in warm water before bed, another way to support the free and easy flow of your energy. Stay well-clothed, though: wait until summer arrives to kick off your shoes and toss away your long pants in favor of shorts. If you like *t'ai chi* and *qigong*, try this easy Liver Purification *Qigong* on Youtube: <https://www.youtube.com/watch?v=qjrUOAGVtM>.
4. A serious bout of good, old-fashioned housecleaning – without the toxins! All you need is some white vinegar and citrus peels. Citrus peels contain D-limonene, an oil that is a powerful solvent for dirt and grease. Soak the peels in vinegar, letting the mixture sit for two to four weeks, then remove the peels. Add a pile of rags and you're ready to clean the whole house! Use baking soda to scrub hard-to-remove grime. And, if you want some help, hire one of our local green housecleaning services, such as Sacred Green Cleaning, LLC, which has been cleaning area homes with non-toxic products since 2008 ([sacredgreencleaning@aol.com](mailto:sacredgreencleaning@aol.com)), or Clean Green Organic Cleaning Services, a Co-op Business Partner.
5. Align your diet with the new season. In winter we eat dense, warming foods, which satisfy the body's need to burn more fuel to keep warm but can also bog down our digestion. As spring comes on, it's a good idea to begin to lighten up our diet. You may still want warm foods like soups and stews, but cut back on the creams and heavy starches and quantities of meat. Add a little sweet flavor to help your liver keep the *qi* flowing, but avoid too much sour flavor and spicy food.

Here's to clearing the way for spring's warmth and light!

## Good Food Book Club

*The Urban Farmer: a handbook to overhaul the system...in our own backyards*

Rachel Clark, Good Food Book Club Volunteer Coordinator

Among the key consequences to the United States' love affair with cars and fossil fuels over the last century are... yards. Millions upon millions of lawns that stretch from sea to shining sea. Suburban growth, sprawl, and a fierce penchant for green, manicured postage stamps have led to the ironic fact that lawns are now the single largest crop in America...by three times over any other crop.

That's 40 million acres of arable land in irrigated grass. Or 63,000 square miles of yard that, if stitched together, would be about the size of Texas. We talk about food waste in our current distribution system, a valid and crucial point. But only recently have Americans begun to recognize the vast potential of turning lawns into food.

It's true that at one time Victory Gardens sprang up around America to ensure stronger food security during the World Wars, but very quickly—in less than a generation—those thriving hubs of local nutritional bounty went the way of the horse and carriage. Yet Victory Gardens set a precedent; and some folks still recall—or yearn for—their resurgence. Even more significant, Victory Gardens barely scratch the surface of what's possible for long-term, culturally cherished, local food security. Consider Russia's 1,000-year history of so-called Dacha Gardening, which “accounts for about three percent of the arable land used in agriculture, but grows an astounding 50 percent by value of the food eaten by Russians.”

The stage is set. We live in a time when a radically new system of American food culture is upon us. And that's where this month's exciting new book comes in. *The Urban Farmer: Growing Food for Profit on Leased and Borrowed Land* by Curtis Stone breaks new ground in codifying what's possible in the United States when it comes to urban farming. Systemic, widespread urban farming is among the most potent “win-win” strategies to overhaul the broken food system we are leaving behind. In this case, “win-win” refers to growing healthy local food, creating strong community resilience and security (while moving quickly away from fossil fuels), and making a good living...and even a great profit.

Please join us to discuss Curtis Stone's *The Urban Farmer: Growing Food for Profit on Leased and Borrowed Land* (New Society Publishers, 2015) on Sunday, March 27, from 6 -7:30 p.m. in the Co-op Cafe. *The Urban Farmer* is available through your local library. If you are interested in buying the book, check out the area's local used bookstores or visit BookPeople of Moscow, where Book Club members receive a discount. Remember to email [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop) to receive email reminders about the Good Food Book Club. For more information about the Good Food Book Club, check out the Outreach section of the Co-op website at [www.moscowfood.coop](http://www.moscowfood.coop).

*The Urban Farmer* is a comprehensive, hands-on, practical manual to help you learn the techniques and business strategies you need to make a good living growing high-yield, high-value crops right in your own backyard (or someone else's). Major benefits include:

- Low capital investment and overhead costs.
- Reduced need for expensive infrastructure.
- Easy access to market.

Growing food in the city means that fresh crops may travel only a few blocks from field to table, making this innovative approach the next logical step in the local food movement. Based on a scalable, easily reproduced business model, *The Urban Farmer* is your complete guide to minimizing risk and maximizing profit by using intensive production in small leased or borrowed spaces.”

-- From the synopsis

## Staff Profile: Ryan Brock

*Erin Rishling, Co-op Volunteer Writer*



When we last visited Ryan Brock, he was close to leaving on a month-long vacation—destination: India...

What took Ryan to India? A childhood friend and his friend's wife encouraged him to visit. Ryan has said before that he would rather save up for "the big trip" rather than take a number of smaller trips. A month vacationing in India? Fit the bill.

His friends live in Siliguri, a city located in the Darjeeling district and Jalpaiguri district in the Indian state of West Bengal. It is a city located on the banks of the Mahananda River and the foothills of the Himalayas. A city that coincidentally was in the news recently due to a wild elephant "rampaging" through the town. Although Ryan missed seeing the wild elephant running the streets, he did get to visit local tea gardens and take a few smaller trips using Siliguri as a base, but mostly just enjoyed the

experience of being in India, taking in the sights and smells and languages.

Now he's been happily back in the Moscow Food Co-op's deli for almost a year. And, although it's not readily evident to customers peering over the sneeze guard, there is some serious language learning happening back there. Ryan and Stevie B. are studying Gaelic, two other deli staff are learning Italian, and Ingrid knows Arabic.

Ryan's next "big trip"? Undecided at this point. Maybe Ireland to flex the Gaelic tongue. Maybe northern Spain to experience the Camino de Santiago (also known in English as the Way of St. James, St. James' Path, etc.), one of the most important Christian pilgrimages during the Middle Ages—now religious for some, existential for others, and a fun, challenging, get-away-from-it-all experience for many more. It is said that if you travel the trail, whatever problems you have will resolve themselves by the trip's end.

Originally from Coeur d'Alene, Ryan came to Moscow to study virtual technology and design at the University of Idaho. He started as a dishwasher at the Moscow Food Co-op while earning his degree, but admits it wasn't a good fit; he was too slow at washing. So, he moved into service as a deli server (a much better fit), then got a position as lead server, and eventually was promoted to the position he currently holds as deli supervisor. He has been at the Co-op for over five years now and says that the best part of his job (besides the biscuits and gravy) is his co-workers. He feels very fortunate to work with great people with fun personalities that bring such bright color into his work days.

Ryan is quick to laugh and received one of the best compliments from a co-worker while being interviewed for this article. "I'm a mom and [Ryan] is always there with a smile. I'd be proud if [he] was my son." Awwwww... smile.

Perhaps next year, we can visit with Ryan again and find out about his upcoming trip to Bozeman where he's attending a swimsuit competition that his sister is competing in. Almost assuredly, to be continued...

Do you need some delicious, authentic Indian food and culture after reading this article?

The University of Idaho's Indian Student Association is hosting **A Taste of India** on **April 10**, from 5 – 8 p.m. in the International Ballroom in the Bruce Pitman Center (formerly the SUB). Tickets will be going on sale soon. Mark your calendars! It's an evening filled with dancing, delicious food, and fun facts about India.

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Advertise your business in our monthly Community News! Your ad will be seen at the top of each issue. Co-op business partners receive a 10% discount! Email [ownerservices@moscowfood.coop](mailto:ownerservices@moscowfood.coop) for rate and submission information.

### EVENT SUBMISSIONS

Have a community event that you would like considered for publication in COMMUNITY NEWS?

Please send your press release to [editors@moscowfood.coop](mailto:editors@moscowfood.coop). Information received by the 15<sup>th</sup> of the month will be considered for the following month's online issue, published on the 1<sup>st</sup>. Space is limited.

### In This Issue

- 01 Community Events
- 02 Board News
- 03 What's the Buzz? "What is your guilty pleasure at the Co-op?"
- 04 Art at the Co-op: Judith Marvin
- 04 Staff Picks
  - Erin Hubbard: Hail Merry chocolate tarts
  - Sierra Valentine: Northwest Cheesecrafters golden ghost cheese bites
- 05 Co-op Kids
- 06 Business Partner Profile: Altered Ego
- 07 Company Profile: Lundberg Family Farms
- 08 Dime in Time: Moscow Renaissance Fair
- 09 Co-op History: The Good Food Store?
- 10 New at the Library
- 11 5 Spot: Let the Spring Energy Flow
- 12 Good Food Book Club: The Urban Farmer
- 13 Staff Profile: Ryan Brock